

Beef Barley Soup for the Slow Cooker

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Required Ingredients

- 1 cup hullless barley
- 4 cups beef broth
- 2 cups water
- 1 pound of beef stew meat
chopped into 1-inch squares
- 1 cup coarsely chopped carrots
(about 1½ carrots)
- 1 cup coarsely chopped celery
(about 3 medium stalks)
- 1 cup coarsely chopped onion
(about 1 medium onion)
- 4 cloves of chopped garlic
(2 tablespoons)

Required Spices

- ¼ teaspoon black pepper
- 1½ teaspoons dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon dried basil

Method

1. Measure and pour barley into the 1-quart bowl. Fill with cool water to about 2 inches over the top of the grain. Remove the floating pieces with a slotted spoon. Drain water and place barley in the slow cooker.
2. If using dried beans, measure and pour beans into a 1-quart saucepan, cover with water and bring to boil. Boil for 5 minutes. Drain water and place beans in slow cooker.
3. Add remaining required ingredients and spices *and* remaining optional ingredients and spices to the crock pot.
4. Cook about 5 hours on high, or 8 hours on low.
5. Add an extra 1–2 cups water if soup is too thick or dry.
6. Remove bay leaves (if using) and serve.

Makes about 11 cups

Optional Ingredients

- 6 large button mushrooms chopped
- 1 cup uncooked sweet potato, peeled and coarsely chopped (about ½ a sweet potato)
- 1 cup assorted dried beans (white, red, kidney, black, etc.)

Optional Spices

- 3 small bay leaves
- 1 teaspoon dried sage
- ¼ teaspoon dried dill
- ½ teaspoon dried tarragon
- 1 tablespoon dried parsley
- ¼ teaspoon red pepper flakes
- 2 dashes Worcestershire sauce

Equipment

- crock pot, 5 quarts or larger
- cutting board
- knife
- vegetable peeler
- measuring cups
- measuring spoons
- saucepan, 1 quart or larger
- bowl, 1 quart or larger
- wooden spoon

Total Cost: \$12.91

Cost per serving: \$1.17

*Cost is based on lowest available price in Fairbanks, Alaska in 2010.
Sale prices are not included in the assessed prices for each ingredient.
Cost is based on quantity of the ingredient used in this recipe.

**Nutrition Facts based on using all required and optional ingredients.
Nutrient content may vary depending on ingredients used.

Tips

- Add 20 minutes to total cooking time each time slow cooker lid is opened.
- To cut costs, purchase herbs and spices in the bulk section of the grocery store. Try varying the herbs and spices and amounts used in the soup.
- If there is no Alaska hullless barley available, make this soup with pearled barley.
- Try replacing the beef with game meat of your choice such as moose, caribou or deer.
- There is no need to use a tender cut of meat in this soup, the long slow cooking process will tenderize tougher cuts of meats also.
- If using a cut of meat with a bone in it, cook the soup with the bone to add extra flavor and remove it right before serving.

Nutrition Facts

Serving Size (245g): 1 cup

Servings Per Container: About 11

Amount Per Serving

Calories 260 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 340mg **14%**

Total Carbohydrate 29g **10%**

Dietary Fiber 8g **32%**

Sugars 3g

Protein 17g

Vitamin A 80% • Vitamin C 10%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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